

Government Executive

8 Career Killing Habits

By Mark Micheli

October 11, 2012

There are many reasons your career may have flat lined. But odds are, if you've been stuck in the same job without any advancement, you're likely exhibiting one these eight career-scuttling habits, says Alison Green of *Business Insider*.

The eight habits in question include:

1. Not promoting your work
2. Getting defensive
3. Making rash decisions
4. Not being assertive
5. Being too negative
6. Lying
7. Being chronically disorganized
8. Not learning new technology

Green says you need to find professional ways to promote yourself and share your opinions while being open to feedback, being a positive presence in your office and exhibiting a desire to learn and be curious.

See a breakdown of each habit over at *Business Insider*. What other habits have you seen stall a career?

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